

Peacock Press

Naval Postgraduate School

SEPTEMBER/OCTOBER 2005



Concert On The Quarterdeck

Thursday, 20 October 2005
Performance time: 1800-1900

This concert is sponsored by Operation Harmony - National Endowment of the Arts, and consists of pieces from Operas composed by Mozart, Puccini, Donizetti and will also include American musical theater highlighting American composers such as Hoiby, Leigh and Weill.

Don't miss out on this free opportunity to be entertained by these vocal soprano, mezzo-soprano, tenor and baritone masters of past and present.

Complimentary refreshments will be provided by MWR after the concert for attendees.

For more information, please contact Rachel at 656-7955.



TRUSTING
Lucy

LIVE MUSIC

Thursday, 8 September
Trident Room at 1630

Yes they are back!!! Their music is a mix of soulful introspective ballads, straight-on hook driven melodic pop and forceful rock tunes sung with powerful distinctive voices and incredible harmonies.

Dinner Special
BBQ Baby Back Ribs \$9.00

Visit our website: www.mwr.nps.navy.mil



| | |
|--|----|
| <i>The Fleet & Family Support Center</i> | 2 |
| <i>Miscellaneous</i> | 3 |
| <i>September Calendar of Events</i> | 4 |
| <i>October Calendar of Events</i> | 5 |
| <i>Information Tickets & Tours</i> | 6 |
| <i>Monterey Bay Athletic Club</i> | 7 |
| <i>Child Development Program</i> | 8 |
| <i>Tech Connection/Teen & Youth Center</i> | 9 |
| <i>Monterey Navy Flying Club</i> | 10 |
| <i>Bluewater Cove Marina</i> | 10 |
| <i>Monterey Pines Golf Course</i> | 11 |
| <i>Hours of Operation</i> | 12 |

NAVAL POSTGRADUATE SCHOOL

RDML Patrick W. Dunne USN
President

COL David Smarsh USAF
Chief of Staff

Pete Dausen
Director, Base Operations and Support

Megan Ryan
Quality of Life Director

Darlene Raish
Leisure Services Manager

David Stockly
Golf Course/RV Campground
General Manager

Roz Compagno
Acting Child Development & Youth
Program Director

Hugh Butler
Executive Chef

Renee Leiva
Catering Sales Manager

Cecilia S. Legario
Marketing Coordinator

The Peacock Press is a bi-monthly publication of the MWR Department, Naval Postgraduate School, Monterey. Information may be subject to change without notice.

All phone numbers are in
area code (831)



The

Fleet & Family Support

Center

SEPTEMBER 2005

SCHEDULE OF CLASSES

TRANSITION AND FAMILY EMPLOYMENT ASSISTANCE

Resume Writing - Sept 8: 1-3 pm, FFSC, Bldg 3 Conference Room.
Interviewing Skills - Sept 15: 1-3 pm, FFSC, Bldg 3 Conference Room.
Electronic Job Banks - Mon & Fri, Computer time available, FFSC, Bldg 1, Career Resource Room.
Resume and Federal Application Review - No appointment is necessary. Available at FFSC, Bldg 1.
Family Employment Readiness Program - Mon-Fri, by appointment, FFSC, Bldg 1.
Volunteer Program - Volunteer opportunities are available at FFSC.

FINANCIAL

Uniform Services TSP Overview (new changes) - September 12 & 19: 12-1:30 pm FFSC, Bldg 3, Conference Room.
Legal Issues - Sept 29: 1:30-3 pm FFSC, Bldg 3, Conference Room.

Individual Financial Counseling: Mon-Fri, by appointment, FFSC, Bldg 1, (FFSC Counselor).

PARENTING, FAMILY AND COUNSELING

Chess Club - Building Confidence: Beginning Class, K thru 3 grades every Wednesday from 1:30-2:30 pm, La Mesa Activity Center.
Advanced Chess Club Class: 4th grade and above - every Wednesday from 2:30-3:30 pm, La Mesa Activity Center.
Toddler Group: Every Friday 10-11:15 am, La Mesa Activity Center.

INDIVIDUALS, COUPLES & FAMILY COUNSELING

Mon-Tues, Thurs, Fri: 8:30 am-4:30 pm, FFSC (upstairs)
 Wed: 10 am-4:30 pm, FFSC (upstairs)

LIFE SKILLS EDUCATION

Anger Management - The last Thurs of every quarter 2:30-4:30 pm, FFSC, Bldg 3.

RELOCATION, INFORMATION & REFERRAL

Smooth Move: Every Thurs & Fri, 9-10 am, FFSC, Bldg 1

For full description of FFSC workshops,
visit us at <http://www.nps.edu/ffsc/index.html>

Single Sailors

UPCOMING EVENTS

BEQ Cookout - Wednesday, 7 September 2005 at 1630. Just bring your Appetites!!! Tri-Tip BBQ, Coleslaw, Potato Salad, Chips and Drinks.

Monterey Lanes Bowling & Pizza - Friday, 9 September 2005 at 2000. Cost \$5.00 (single sailors and geo bachelors). \$15.00 (guest and all other military). Sign up at the ITT Office by Friday, 2 September. Meet at the NPS Exchange at 1945.

Santa Cruz Beach & Boardwalk - Saturday, 24 September 2005. Cost \$5.00 (single sailors and geo bachelors). \$30.00 (guest and all other military). Price includes: Unlimited rides and transportation. Sign up at the ITT Office by Monday, 19 September 2005. Meet at the NPS Exchange at 0900.

Football Game: Raiders vs. Cowboys - Sunday, 2 October 2005. Game time: 1305. Cost: \$10.00 (single sailors and geo bachelors). \$70.00 (guest and all military). Sign up at the ITT Office by Monday, 26 September 2005. Meet at the NPS Exchange at 1015.

BEQ Cookout - Friday, 5 October 2005 at 1630. Just bring your appetite!!! Build your own Kabobs, also serving corn on the cob.

Universal Studios and Medieval Times Trip - Columbus Day Weekend Friday 7 through Monday 10 October 2005. Cost: \$30.00 (single sailors and geo bachelors); \$140.00 (guest and all other military). Includes transportation to LA Lodging (Sheraton Universal Hotel - Double Occupancy) admission to Universal Studios and Medieval Times. Sign up at the ITT Office by Friday, September 30. Meet at the NPS Exchange 1710, depart at 1730.

For more information call 656-7955.

Community Activities

NPS OKTOBERFEAST!!!

National German-American Day
Thursday, 6 October 2005
Trident Room at 1600

Come join us in celebrating German-American National Day!
Bockwurst, Knockwurst and Bratwurst
served with Steamed Cabbage & Potatoes
FREE (while supplies last)

For information call 656-7955.



HALLOWEEN COSTUME CONTEST

Monday, 31 October 2005
Trident Room at 1700

Entertainment will be provided by.....

DEREK BROWN

Think you have the Most Original Costume??? See what others are wearing and compete for PRIZES!!!

Dinner Special: 3 slices of Pizza and Salad \$6.50.

For information call 656-7955.



Outdoor Recreation

Presidio of Monterey
Bldg. 228, Lewis Hall, POM
Open M-F 10:30 am - 2 pm & 3-6 pm
Tel: (831) 242-6133/5506
Check out www.pom-odr.com
for current information

ADVENTURE SPORTS

| | | |
|------------------------------------|------------|----------|
| Kayak & Camp Tomales Bay | 3-5 Sept | \$150.00 |
| Yosemite Hiking | 2-5 Sept | \$199.00 |
| Lake Tahoe Float and Climb | 3-5 Sept | \$149.00 |
| Surf Safari Santa Cruz | 16-18 Sept | \$149.00 |
| Surf Lessons Santa Cruz | 17 Sept | \$60.00 |
| Castle Rock Climbing | 17 Sept | \$50.00 |
| White Water Rafting | 23-25 Sept | \$149.00 |
| Kayak & Snorkel | 24 Sept | \$40.00 |
| Climbing Lessons | 1 Oct | \$50.00 |
| Surf Pismo | 1 Oct | \$70.00 |
| Youth Spy Camp | 4-7 Oct | \$149.00 |
| Yosemite Hike & Climb | 7-9 Oct | \$149.00 |
| Surf Class | 8 Oct | \$40.00 |
| Youth Extreme Sports Camp | 11-14 Oct | \$149.00 |
| Guided Mountain Biking on Fort Ord | 15 Oct | \$20.00 |
| Lake San Antonio | 15-16 Oct | \$149.00 |
| Backpack to Syke's Hot Springs | 21-22 Oct | \$50.00 |
| Kayak & Snorkel | 22 Oct | \$40.00 |
| Geo-Caching Event | 30 Oct | \$30.00 |

POM LODGING

Have your out of town guests stay at Army Lodging! All are welcome to make reservations one year in advance, through the end of the current fiscal year. Military members traveling on official orders have priority. The Lodging Office offers continental breakfast with a scenic view of Monterey Bay.

To make reservations or for more information call POM Lodging at (831) 645-1199 or visit us on the web at www.pomlodging.com

PRESIDIO OF MONTEREY VETERINARY TREATMENT FACILITY

Bldg. 4380 on Ord Military Community
by appointment only
Call 242-7718 to verify hours and eligibility.

The Presidio of Monterey Veterinary Treatment Facility offers vaccinations, an out-patient clinic, heart worm testing, microchip identification, health certificates, pet registration and over-the-counter sales. For emergencies, please contact your local Veterinarian.

Navy Lodge

The Spirit Of Hospitality



In celebration of the 35th anniversary of the Navy Lodge, you can earn one gift certificate for a FREE night stay at any Navy Lodge within the U.S. for each three nights stay during your PCS move.

For more information about this offer, please call 1-800-NAVY-INN or visit our website at www.navy.lodge.com.

| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
|---|---|---|--|---|
| <p>Mon 12, 19 & 26 Dinner Special El Prado Dining Room 1600-2100</p> <p>SEAFOOD CIOPPINO Adults: \$11.00 Kids 5-10: \$5.50</p> | <p>Every Tuesday Dinner Special El Prado Dining Room 1600-2100</p> <p>"Moist & Tender" PRIME RIB Adults \$13.00 Kids 5-10 \$6.95</p> | <p>Every Wednesday FAMILY NIGHT Dinner Special El Prado Dining Room 1600-2100</p> <p>BRAISED BEEF SHORT RIBS Adults \$9.00 Kids 5-10 \$5.00</p> | <p>1 Every Thursday Dinner Special El Prado Dining Room 1600-2100</p> <p>CHICKEN FAJITAS Adults \$8.50 Kids 5-10 \$4.25</p> | <p>2 EL PRADO DINING ROOM</p> <p>OPEN FOR HOT BREAKFAST MON-FRI 0645-0900</p> |
| <p>5 Holiday Labor Day ★★★★★★</p> | <p>6 Dinner Special "Moist & Tender" PRIME RIB</p> | <p>7 EXTREME DAYS (PG) 1900</p> <p>Dinner Special BRAISED BEEF SHORT RIBS</p> | <p>8 Live Music TRUSTING LUCY Trident Room 1630</p> <p>Dinner Specials BBQ BACK RIBS \$9.00 CHICKEN FAJITAS</p> | <p>9 EL PRADO DINING ROOM</p> <p>OPEN FOR ALA CARTE BREAKFAST MON-FRI 0645-1045</p> |
| <p>12 THE INTERPRETER (PG 13) 1900</p> <p>Dinner Special SEAFOOD CIOPPINO</p> | <p>13 Dinner Special "Moist & Tender" PRIME RIB</p> | <p>14 THE ADVENTURES OF SHARKBOY & LAVAGIRL (G) 1900</p> <p>Dinner Special BRAISED BEEF SHORT RIBS</p> | <p>15 Dinner Special CHICKEN FAJITAS</p> | <p>16 EL PRADO DINING ROOM</p> <p>OPEN FOR LUNCH MON-FRI 1045-1330</p> |
| <p>19 MR. & MRS. SMITH (PG 13) 1900</p> <p>Dinner Special SEAFOOD CIOPPINO</p> | <p>20 Dinner Special "Moist & Tender" PRIME RIB</p> | <p>21 SISTERHOOD OF THE TRAVELING PANTS (PG) 1900</p> <p>Dinner Special BRAISED BEEF SHORT RIBS</p> | <p>22 Dinner Special CHICKEN FAJITAS</p> | <p>23 EL PRADO DINING ROOM</p> <p>OPEN FOR DINNER MON-FRI 1600-2100</p> |
| <p>26 HOUSE OF WAX (R) 1900</p> <p>Dinner Special SEAFOOD CIOPPINO</p> | <p>27 Dinner Special "Moist & Tender" PRIME RIB</p> | <p>28 Dinner Special BRAISED BEEF SHORT RIBS</p> | <p>29 Dinner Special CHICKEN FAJITAS</p> | <p>30 TRIDENT ROOM OPEN MON-WED 1600-2230 THURSDAYS & FRIDAYS 1500-2230</p> <p>DINNER SERVED 1600-2100</p> |
| <p>FREE MOVIES ARE OFFERED AS LISTED ONLY</p> | <p>"Navy Regulations prohibit patrons from bringing food or beverages into food and beverage facility from outside sources. Thank you for your cooperation."</p> | | <p>CAFÉ DEL MONTE HOURS MON-FRI 0630-1600</p> <p>BREAKFAST 0630-0830</p> <p>LUNCH 1045-1400</p> | <p>ITT OPEN MON-FRI 0930-1330 1430-1630 CLOSED WEEKENDS & ALL FEDERAL HOLIDAYS</p> |

| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
|--|--|---|--|--|
| <p>Mon 3, 17, 24 & 31 Dinner Special El Prado Dining Room 1600-2100</p> <p>SEAFOOD CIOPPINO Adults: \$11.00 Kids 5-10: \$5.50</p> | <p>Every Tuesday Dinner Special El Prado Dining Room 1600-2100</p> <p>"Moist & Tender" PRIME RIB \$13.00 Kids 5-10 \$6.95</p> | <p>Every Wednesday FAMILY NIGHT Dinner Special El Prado Dining Room 1600-2100</p> <p>BRAISED BEEF SHORT RIBS Adults \$9.00 Kids 5-10 \$5.00</p> | <p>Every Thursday Dinner Special El Prado Dining Room 1600-2100</p> <p>CHICKEN FAJITAS Adults \$8.50 Kids 5-10 \$4.25</p> | <p>FOR HOLIDAY PARTY RESERVATIONS AT CLUB DEL MONTE</p> <p>PLEASE CALL 656-2170</p> |
| <p>3</p> <p>KING'S RANSOM (PG 13) 1900</p> <p>Dinner Special SEAFOOD CIOPPINO</p> | <p>4</p> <p>Dinner Special "Moist & Tender" PRIME RIB</p> | <p>5</p> <p>NEW YORK MINUTE (PG) 1900</p> <p>Dinner Special BRAISED BEEF SHORT RIBS</p> | <p>6</p> <p>NATIONAL GERMAN-AMERICAN DAY OKTOBERFEAST Trident Room 1600</p> <p>Dinner Special CHICKEN FAJITAS</p> | <p>7</p> <p>CLUB DEL MONTE CATERS GREAT DEALS FOR "WETTING DOWN" PROMOTIONS</p> |
| <p>10</p> <p>Holiday Columbus Day</p> | <p>11</p> <p>Dinner Special "Moist & Tender" PRIME RIB</p> | <p>12</p> <p>SNOW WHITE (G) 1900</p> <p>Dinner Special BRAISED BEEF SHORT RIBS</p> | <p>13</p> <p>Dinner Special CHICKEN FAJITAS</p> | <p>14</p> <p>CAFÉ DEL MONTE OPEN MON-FRI 0630-1600</p> <p>BREAKFAST 0630-0830</p> <p>LUNCH 1045-1400</p> |
| <p>17</p> <p>WRONG TURN (R) 1900</p> <p>Dinner Special SEAFOOD CIOPPINO</p> | <p>18</p> <p>Dinner Special "Moist & Tender" PRIME RIB</p> | <p>19</p> <p>Dinner Special BRAISED BEEF SHORT RIBS</p> | <p>20</p> <p>SANTA FE OPERA CONCERT Quarterdeck 1800-1900</p> <p>Dinner Special CHICKEN FAJITAS</p> | <p>21</p> <p>CAFÉ DEL MONTE PROUDLY BREW STARBUCKS COFFEE</p> <p>GREAT PRICES! QUICK SERVICE!</p> |
| <p>24</p> <p>KUNG FU HUSTLE (R) 1900</p> <p>Dinner Special SEAFOOD CIOPPINO</p> | <p>25</p> <p>Dinner Special "Moist & Tender" PRIME RIB</p> | <p>26</p> <p>SECOND HAND LIONS (PG) 1900</p> <p>Dinner Special BRAISED BEEF SHORT RIBS</p> | <p>27</p> <p>Dinner Special CHICKEN FAJITAS</p> | <p>28</p> <p>OUR HOLIDAY PARTY SCHEDULE IS FILLING UP FAST.</p> <p>BOOK EARLY BY CALLING 656-2170.</p> |
| <p>31</p> <p>ALONE IN THE DARK (R) 1900</p> <p>HALLOWEEN COSTUME CONTEST Trident Room 1700 Dinner Specials PIZZA & SALAD \$6.50 SEAFOOD CIOPPINO</p> | <p>MONTEREY BAY ATHLETIC CLUB OPEN MON-FRI 0530-2100 SAT 0800-1600 SUN 1100-1600</p> | <p>MONTEREY PINES GOLF COURSE OPEN DAILY AND MOST FEDERAL HOLIDAYS</p> | <p>MONTEREY PINES RV CAMPGROUND OPEN DAILY YEAR ROUND</p> | <p>MONTEREY PINES 19TH HOLE GRILL FOOD SERVICE OPERATION OPEN DAILY</p> |



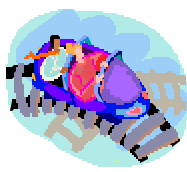
**Located in
HERRMANN HALL
near the
QUARTERDECK**

**Open
Monday-Friday
9:30 a.m. ~ 1:30 p.m.
2:30 ~ 4:30 p.m.**

**Closed Weekends
and
Federal Holidays**

| SEPTEMBER | UPCOMING ITT TOURS | PRICE |
|-----------|--|---------------------|
| 2-5 | San Diego, Sea World, SD Zoo, Hornblower Cruise | \$300.00 |
| 3 | Baseball: Oakland A's vs. New York Yankees | \$45.00 |
| 10 | San Francisco Get Acquainted | \$25.00 |
| 17 | Best of Broadway: Wizard of Oz | \$65.00 |
| 17 | Baseball: SF Giants vs. LA Dodgers | \$45.00 |
| 24 | Hearst Castle | \$45.00 |
| OCTOBER | | |
| 1 | Baseball: SF Giants vs. Arizona Diamond Bucks | \$45.00 |
| 2 | Football: Oakland Raiders vs. Dallas Cowboys | \$75.00 |
| 21-31 | 10 Day Carnival Cruise - Mexican Riviera | \$938.60/ person |
| 30 | Football: San Francisco 49ers vs. Tampa Bay Buccaneers | \$60.00 |
| 30 | Football: San Francisco 49ers vs. Oakland Raiders | \$60.00 |

Local Area Amusement Parks!



Bonfante Gardens discount ticket prices: \$21.00 for ages 7-64 and \$18.00 for ages 3-7 and 65+.

Great America discount ticket price: \$25.00 for ages 3 and up.

Santa Cruz Boardwalk discount ticket price: \$20.55 for all ages.

Six Flags Marine World discount ticket price: \$24.00 for all ages.

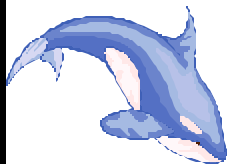


GRAND PRIX OF MONTEREY
September 9-11, 2005

SPORTS CAR CHAMPIONSHIP
October 14-16, 2005

Call ITT Office at 656-3223 for discounted ticket information.

DEEP SEA FISHING & WHALE WATCHING



Sign up for local deep-sea fishing or whale watching excursions with Randy's Fishing Trips. Whale Watching is \$21.00 for adults and \$16.00 for children 2-11 yrs. Prices for fishing start at \$36.00 per person. Gear and license are extra.

SEA WORLD MILITARY SPECIAL



"Here's to the Heroes" free ticket promotion until December 31, 2005. For active duty, reserves and up to three family members. Call or stop by the ITT Office for details.

2006 ENTERTAINMENT BOOKS



The sooner you buy the sooner you'll start saving; so don't wait to get coupons to use at local restaurants, attractions, and more! The 2006 Entertainment Books sell for \$25.00. Get them while they're hot!



How would you like to spend a week vacation and only spend \$249 for the condo? With Armed Forces Vacation Club you can. For \$249 per week, the Armed Forces Club offers condo unit rentals at selected resorts located all around the world. Stop by ITT for more information or go to www.afvclub.com

L.A. AREA ATTRACTIONS

Disneyland 1, 2, 3, 4 and 5 day tickets are available at the ITT Office. 50th Anniversary celebration still going on with Buzz Light-Year, Astroblasters, fireworks displays and much more. Space Mountain now open!

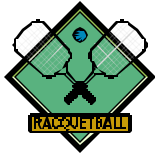
Universal Studios special: Buy one day, get second day for free!

New ride - "Revenge of the Mummy" roller coaster.

New attraction - "Van Helsing's Fortress of Dracula" and "Fear Factor, Live!"

SPORTS

RACQUETBALL TOURNAMENT



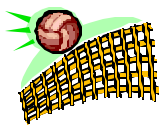
When: September 12-16, 2005
Times: 1700, 1730, 1800, 1830, etc.
Cost: \$10.00
1st & 2nd place - Trophy in each division.
Sign up by Thursday, 8 September 2005

BASKETBALL LEAGUE

Begins: October 10, 2005
Days played: Mondays and Wednesdays
Times: 1800, 1900, 2000 (maybe 2100)
Roster Due: September 1, 2005



VOLLEYBALL LEAGUE



Begins: October 11, 2005
Days played: Tuesdays and Thursdays
Times: 1800, 1900, 2000
Roster Due: September 2, 2005.

DODGE BALL TOURNAMENT

October 13, 2005 at 1700

Minimum of 4, maximum of 6 per team.
1st and 2nd place: Gift Certificate
Register by Thursday, 6 October 2005.

For more information, please call 656-2497.

PERSONAL TRAINING IS AVAILABLE FOR OUR PATRONS

Check out our personal trainers. All trainers are certified. Our prices are the lowest on the Monterey Peninsula.

\$20.00 for 1/2 hour session
\$225.00 for 6 one hour sessions



THERAPEUTIC MASSAGE

(Male or Female therapist now available)
Help improve performance, decrease pain
and promote relaxation!

Fees: \$60.00 for 60 minutes massage session.
\$90.00 for 90 minutes massage session.

For appointments, please call 656-3118.



FITNESS EDUCATIONAL CLASSES

Every Thursday 1100 - 1200
Free to members

September 1 - Nutrition Guidelines
September 8 - Cardiovascular Program Development
September 15 - Strength Training Techniques
September 22 - Nutrition Strategies

HEALTH & WELLNESS COMPUTERIZED PHYSICAL ASSESSMENTS (SMALL OR LARGE)

The small assessment consists of a body fat measurement, VO2 sub-max test, strength and flexibility test. A large 25 page assessment consists of a health risk questionnaire (heart, cancer & diabetes), nutrition assessment/meal planner, body fat measurement, VO2 sub-max test (cardiovascular), strength, flexibility test, strength prescription and a cardiovascular workout plan. All tests and prescriptions are administered by a certified Fitness Specialist/trainer. Call for an appointment at 656-1943.

| COST | SMALL | LARGE |
|-----------------------------|--------|---------|
| Military, includes reserves | FREE | \$15.00 |
| Family members & retirees | \$5.00 | \$20.00 |
| DOD civilians | \$8.00 | \$25.00 |

YOGA. Every Tuesday and Thursday 10:00-11:00. Cost: Military - FREE; family members & retirees \$12.00 eight classes, \$20.00 sixteen classes; DOD \$16.00 eight classes, \$28 sixteen classes. Enhance your concentration, stability, strength and vitality. Improve your memory and enhance your existing workout with proper stretching. Certified instructor, Loy Vincent.

CAPOEIRA-BRAZILIAN EXERCISE-MARTIAL ARTS. This is a martial arts floor movement taught by a certified Brazilian Capoeira instructor every Tuesday and Thursday 6:30-7:30 pm. Cost: \$40/month (8 sessions), \$12.00/week or \$6.50 /day.

HOLIDAY FITNESS CHALLENGE. October 17-December 19, 2005. Eight week exercise incentive program to get you ready for the holidays. Earn exercise points for every half hour of ANY exercise. Cost: Free to all members or for \$10.00 you can earn a specially designed T-shirt. Contact the Fitness Center at 656-1338 for details.

WEIGHT LIFTING CONTEST COMING IN DECEMBER 2005.

GROUP FITNESS CLASS SCHEDULE

| HOURS | MON | TUES | WED | THURS | FRI |
|----------|---------------------------------|------------------------|------------------------|------------------------|----------------|
| 6:30 AM | PT READY CIRCUIT TRAINING | | PT READY GROUP RUN | | CARDIO KICK |
| 10:00 AM | | YOGA | | YOGA | |
| 11:00 AM | MUSCULAR POWER FLEX | | MUSCULAR POWER FLEX | | |
| 12:00 PM | CARDIO KICK | SPIN | CARDIO KICK | SPIN | |
| 4:30 PM | | MUSCULAR POWER FLEX | | MUSCULAR POWER FLEX | |
| 5:30 PM | SPIN | STEP | SPIN | STEP | |
| 6:30 PM | | CAPOEIRA | | CAPOEIRA | |

Child Development Center "CDC is the place to be!"



If your child is between the ages of six weeks and five years and you are looking for a high quality, nurturing, early childhood experience - the Child Development Center (located in La Mesa Village) is the place for you! We offer full-time child care Monday-Friday 0730-1730. Please contact the center to see if a space is available as we do maintain a wait list.



The Child Development Home program offers Navy certified care by military family members in their homes.

Interested in pursuing a rewarding career and working at home? How about becoming a Child Development Home Care provider? You'll receive extensive training, become First Aid/ CPR qualified and be part of our dedicated team of professionals that provide child care in their homes. Give us a call! We'll be happy to give you more information, and assist you through our CDH certification process!

The Benefits: You can stay home with your own children, offer authorized quality child care for others in your La Mesa residence, share in the financial support of your family, and have fun!



TIPS TO KEEP TOTS SAFE

The following tips can help ensure that your child has a safe ride.

Always use a car seat. Correctly installed and used, it can reduce the risk of death for infants by 71% and for toddlers by 54%. Make sure you have the right car seat for your child's age and size.

Infant seat - designed for birth to 20 pounds, and at least one year of age. This is a rear-facing seat.

Convertible seat - designed for 20 to 40 pounds, and up to four years old. This seat is a rear-facing seat for infants that convert to a forward-facing seat for toddlers.

Booster seat - designed for 50 to 80 pounds and up to eight years old. This seat is used as a transition to safety belts. It is for children who have outgrown their convertible seat but are not ready for a seat belt only.

Seat belt - designed for over 80 pounds and eight years or older. When a child is sitting all the way back in the car's seat, the lap belt should fit across the child's hip, not stomach. The shoulder belt should cross at the center of the child's shoulder.

Never place rear-facing infant seats in the front seat. If it makes you nervous to not be able to see your baby's face, allow enough time so that you can pull off the road and check your baby. Always use an approved car seat. Make sure your car seat is compatible with your car.

Periodically check for recall notices on car seats. You can check the National Highway Traffic Safety Administration's web site for recall notices (<http://www.nhtsa.dot.gov>).

Know when to replace your baby's car seat. Do not use a car seat that is 10 years old or older. It is recommended that you buy a new car seat for each child. Replace any car seat that has been in a crash.

Do not take your child out of the car seat while the car is on. This holds true even if your child is fussing or crying.

Never leave a child unattended in the car. Even if you are running into the store for just a second, take your child with you.

Children should ride in the back seat whenever possible. If there is an airbag in the front, do not put a child under age 12 in the front seat. Children are safer the farther they are from the point of impact, which is commonly the front of the car.

Riding in a car is not a game. Make sure your children know that your attention must be on the road and not them. Bring along some soft toys to keep them occupied.

Be a good role model for your child. Always wear your seat belt.

For more information about child safety, visit <http://www.safekids.org>

JOBS AVAILABLE

CLASSROOM POSITIONS: We are seeking enthusiastic and energetic people interested in working with children ages 6 weeks to 18 years of age.

CLERK RECEPTIONIST (Part Time) - We are looking for a motivated and organized professional to work at the front desk. Duties include greeting families with a smile and taking tuition payments as well being responsible for staff time keeping and various administrative tasks.

For more information, please call the Child Development Center at 656-2734 or the Tech Connection Youth and Teen Center at 656-2127.

All of our programs are open to active duty military, reservists in active duty status, and DOD civilians on a space available basis. Please call 656-2734 for more information.

SEPTEMBER/OCTOBER 2005 SCHEDULE OF EVENTS



**BOYS & GIRLS CLUBS
OF AMERICA**

The Tech Connection, Teen and Youth Center is a proud member of the Boys and Girls Club of America. We offer programs through the Boys and Girls Club of America..



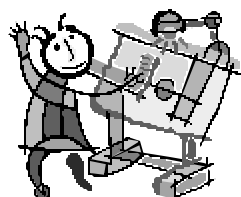
2005 FALL CAMP

3-14 October for K-6th grade



ACTIVITIES:

*Arts and Crafts
Bounce House
Pajama Day
Nature Walks*



FIELD TRIPS:

*Swank Farms
Movies at NPS
Fisherman's Wharf Museum*



*There is a \$20.00 deposit for each week.
The deposit will be credited towards weekly tuition.*

CAMP REGISTRATION:

*September 12-16, 2005
SAC/CDC families*

*September 19-23, 2005
Military/DOD families*

Space is limited.

For information, contact us at 656-2127.

DANCE LESSONS

*For military & DOD civilian families
Tuesdays & Thursdays
Beginning September 7, 2005*

Tuesdays

| | | |
|----------------------|-------------------------------------|------------------|
| <i>Pre-Ballet</i> | <i>3 & 4 yr old preschool</i> | <i>2:30-3:15</i> |
| <i>Ballet I</i> | <i>5 & 6 yr old K-1st grade</i> | <i>3:15-4:00</i> |
| <i>Ballet II/III</i> | <i>7-10 yr old 2nd-5th grade</i> | <i>4:00-5:00</i> |

Thursdays

| | | |
|------------------------|-------------------------------------|------------------|
| <i>Creative Ballet</i> | <i>3 & 4 yr old</i> | <i>2:30-3:15</i> |
| <i>Jazz I/II</i> | <i>5-8 yr old K-3rd grade</i> | <i>3:15-4:15</i> |
| <i>Ballet I</i> | <i>5 & 6 yr old K-1st grade</i> | <i>4:15-5:00</i> |

*Cost: 35.00 per month
Instructor: Sherri Beck
from the Carmel Ballet Academy*

*To register, please call 656-2127.
For more information, please call
Carmel Ballet Academy at 624-3729.*



TENNIS LESSONS

*with Jimmie Brooks
Monday/Wednesday*

Ages 6-8 - 3:30-4:30 pm Ages 9-12 - 4:30-5:30 pm

Tuesday/Thursday

*Ages 6-8 - 3:30-4:30 pm Ages 9-12 - 4:30-5:30 pm
Ages 13-15 - 5:30-6:30 pm*

*Open to military and DOD families. Minimum 4 students
per class. Maximum 7 students per class.*

Cost: \$72.00 per eight lessons

Private lessons are available by appointment.

Cost: \$35.00 per hour

To register, call the Tech Connection at 656-2127.





www.navyflyingclubs.com/monterey

The Monterey Navy Flying Club offers excellent opportunities for aircraft rentals, recreational flying and professional flight training to Active Duty, National Guard, Reserve members and their families; Retirees and their families; Civil Air Patrol members; and federal government employees. The club's airplane rental and instruction rates are the lowest in California. Learn how to fly, meet new friends and discover the beauty of the Monterey Peninsula! Give us a call and visit our website.

MEMBERSHIP FEES

Monthly dues: \$25.00

Initiation fee: \$50.00

Want to earn your pilot's certificate?

You have often thought about becoming a pilot. Our staff of professional flight instructors is ready to help you achieve your goal - for a much lower cost than you will find anywhere else. Ground school, the first step in learning the basics of flight, is offered in cooperation with Monterey Peninsula College or through self-study courses available through the Club.

Ground and Flight Instruction: \$25.00/hour.

COST SHARING: *Our licensed pilots at the Monterey Navy Flying Club frequently fly by themselves, and through "cost sharing" of the fees for the flight, you and up to two other MWR eligible patrons can fly along. Fly over the California Coast or down it's beautiful valleys. Call the Monterey Navy Flying Club at (831) 372-7033 for more information.*

AIRCRAFT RENTAL RATES



Beech (T-34) \$100.00



Cessna 152 (IFR) \$64.00



Cessna 172 (IFR) \$78.00

All rates are on an hourly basis including fuel.

Bluewater Cove Marina



Bluewater Cove Marina is now under New Management!

Monterey Sailing has been awarded the Concessionaire Contract to operate MWR's Marina. To make reservations call 372-9463 or go by the office at 32 Cannery Row, Suite J, which is located at Breakwater Cove in Monterey near the Coast Guard Pier.

The Monterey Bay Athletic Club no longer accepts sailboat reservations. Members of Naval Postgraduate School Sailing Association will continue to receive discounted rental rates.

NPSSA: *Naval Postgraduate School Sailing Association is dedicated to practicing and promoting the art of sailing as well as furthering Navy sailing in the Monterey area. NPSSA is comprised of students, faculty and staff from NPS and DLI, local active duty, retired personnel and DOD civilians. NPSSA offers sailing lessons to members; Racing Events; Cruising; Social Events.*



MWR ADVISORY BOARD TO MEET WEDNESDAY 7 September 2005

The next MWR Advisory Board Meeting is set for Wednesday, 7 September 2005, at 12:00 noon in the La Novia Room, Herrmann Hall, Bldg 220.

All Departments of the Naval Postgraduate School and tenant commands are encouraged to send representatives to these informative bi-monthly meetings.

This is your opportunity to gather the latest MWR information and to share your organization's feed back with key MWR personnel.

For more on how your command can take part in the MWR Advisory Board, call the MWR Administrative Office at 656-1049.



PGA golf instruction available



DAVID STOCKLY
PGA Member



MONTEREY PINES GOLF COURSE 19TH HOLE GRILL



FOOD SERVICE OPERATION

*Monday - Thursday
7:30 am - 5:00 pm*

*Friday, Saturday & Sunday
6:30 am - 6:00 pm*

*19th Hole Grill offers breakfast and lunch daily.
Come by for a treat from Jim Vose.*

For more information, please call 656-2167.

SPECIAL ANNOUNCEMENT!

*Navy collection private labeled golf shirts
are available for men and women.*

*Don Martin Gun Metal Sand Irons are \$43.00.
Get them while they last!*

For more details, call 656-2167.

MONTEREY PINES RV CAMPGROUND

*Monterey Pines RV Campground is **OPEN YEAR ROUND**
and is available to all active duty, reservists, retirees, family
members and DOD civilians.*



*About Our Park

*Located deep within the serene Monterey Pines Recreation
Complex (Fairgrounds Road at Garden Road in Mon-
terey), our park offers 30 full hook-ups, 8 partial hook-ups,
a bathhouse and coin-op laundry facilities. Site 14 offers
access for the physically challenged. Visa and Mastercard
are accepted.*

GOLF FEES EFFECTIVE 1 OCTOBER 2005

| GREEN FEES | PRIME | TWI |
|------------|---------|---------|
| MILITARY | \$14.00 | \$12.00 |
| DOD | \$20.00 | \$14.00 |
| CIVILIAN | \$26.00 | \$17.00 |

*Tournament dates available. Military Tournament \$29.00/
player. Includes green fee, cart and prize fund. Golf Lessons
available by appointment at the Pro Shop from your certified
golf instructors:*



FREE CLUBFITTINGS

Every Saturday 9:30 am - 1:00 pm

Featuring Ping and Tour Edge fitting carts.

Fitting done by

DAVE STOCKLY

PGA Professional/Certified Club Fitter

NSD, MONTEREY (Area Code 831)

MWR ADMINISTRATIVE OFFICES - Herrmann Hall (Rm. 55) ground floor (Bldg. 220). Open weekdays, 8 a.m. to 4:30 p.m. Closed weekends and federal holidays. Phone: 656-2170 or 656-2432.

EL PRADO DINING ROOM - Herrmann Hall ground floor (Bldg. 220). Open Monday through Friday. Closed weekends and federal holidays. For information, call: 656-2170.

Hours of Operation:

Ala Carte Breakfast: 6:45 - 10:45 a.m. Weekdays
Hot Breakfast: 6:45 - 9:00 a.m. Weekdays
Lunch: 10:45 a.m. - 1:30 p.m. Weekdays
Dinner: 4:00 - 9:00 p.m. Monday - Friday

TRIDENT ROOM - Herrmann Hall ground floor (Bldg. 220). Open Monday through Friday. Closed weekends and most federal holidays. Phone: 656-2170 or 656-7508 (after regular business hours). Hours of Operation:

Beverage Service : 4:00 - 10:30 p.m. Monday - Wednesday
3:00 - 10:30 p.m. Thursday & Friday
Dinner Service : 4:00 - 9:00 p.m. Monday through Friday

CLUB DEL MONTE/CATERING SALES OFFICE - Herrmann Hall (Rm. 55) ground floor (Bldg. 220). Open Monday through Friday, 8:00 a.m. - 4:30 p.m. Closed weekends and federal holidays. Phone: 656-1049.

Café DEL MONTE - Located next to Knox Library. Open Monday-Friday 6:30 a.m.-4:00 p.m. Closed weekends and all federal holidays. Open for breakfast 6:30-8:30 a.m.; lunch 10:45 a.m.-2:00 p.m.

INFORMATION TICKETS & TOURS - Herrmann Hall Quarterdeck (Bldg. 220). Open 9:30 a.m. - 1:30 p.m. 2:30 - 4:30 p.m. Monday through Friday. Closed weekends and federal holidays. Phone: 656-3223.

CHILD DEVELOPMENT CENTER - La Mesa Village next to La Mesa Elementary School. Open 7:30 a.m. - 5:30 p.m., Monday through Friday. Closed all federal holidays. Phone: 656-2734.

CHILD DEVELOPMENT HOMES - Available within La Mesa Village. Contact the Child Development Center for information. Phone: 656-2734.

MWR BUSINESS OFFICE - Herrmann Hall (Rm. 60) ground floor (Bldg. 220). Open Monday through Friday, 8:30 a.m. - 5:00 p.m. Closed weekends and federal holidays. Phone: 656-7954.

TECH CONNECTION - La Mesa Village, (Bldg. 444) 1222 Leahy Rd. Open for School Age Care, Monday through Friday, 1400-1800 while school is in session. Special camps offered for school breaks (all seasons) & teacher in-service days 0730-1800. Youth & Teen Open Recreation, 1400-1800 Monday through Friday while school is in session and 1100-1800 during breaks. Closed all federal holidays. Phone: 656-2127.

MONTEREY BAY ATHLETIC CLUB ~ (Bldg. 208). Hours of Operation: Open Monday through Friday, 5:30 a.m. - 9:00 p.m.; Saturdays, 8:00 a.m. - 4:00 p.m.; Sundays 11:00 a.m. - 4:00 p.m.; closed all federal holidays. Phone 656-3118.

MONTEREY PINES GOLF COURSE - Fairgrounds Road at Garden Road by the Monterey County Fairgrounds. Open daily at 6:30 a.m., including most federal holidays. Hours vary seasonally. Phone: 656-2167.

MONTEREY PINES RV CAMPGROUND - Fairgrounds Road at Garden Road by the Monterey County Fairgrounds. Open daily. Phone: 656-7563.

MONTEREY NAVY FLYING CLUB - At the Monterey Airport. Office Hours Monday to Friday 9:00 a.m. - 5:00 p.m. Phone: 372-7033.

BLUEWATER COVE MARINA - On the Coast Guard Pier, downtown Monterey. Open daily. Phone: 372-9463.

MWR MARKETING OFFICE - Herrmann Hall (Rm. 60) ground floor (Bldg. 220). Open Monday through Friday, 8 a.m. - 4:30 p.m. Closed weekends and federal holidays. Phone: 656-1170/7677.

THE FLEET & FAMILY SUPPORT CENTER - 1280 Leahy Road, Monterey, Ca 93940. Open Monday through Friday, 8:00 a.m. - 4:30 p.m. Tel: 656-3060.

NAVY EXCHANGE TELEPHONE NUMBERS - Main Store: 373-7277; Autoport: 373-7271; La Mesa Mini-Mart: 375-0959.

NAVY LODGE - 1100 Farragut Road, Monterey, Ca 93940. Tel: 372-6133.

NPS U.S. POST OFFICE - Open Monday through Friday, 9:30 a.m.-3:30 p.m.. Tel: 333-1734.

EAGLE'S EYE GALLERY - Herrmann Hall basement (Bldg 220). Open Monday through Friday 11:00 a.m. - 3:00 p.m. Tel: 372-3565/333-1734.



Peacock Press

Morale, Welfare and Recreation Department
Naval Support Detachment, Monterey
1 University Circle
Monterey, CA 93943-5000

CHECK OUT MWR'S WEBSITE!
www.mwr.nps.navy.mil